

When is the best time of day for me to do physical activity?

Your health care team can help you decide the best time of day for you to do physical activity based on your daily schedule, healthy eating plan, and diabetes medicines.

If you have type 1 diabetes, try not to do vigorous physical activity when you have **ketones** in your blood or urine. Ketones are chemicals your body might make when your blood glucose levels are too high and your insulin level is too low. If you are physically active when you have ketones in your blood or urine, your blood glucose levels may go even higher.

Light or moderate physical activity can help lower blood glucose if you have type 2 diabetes and you don't have ketones. Ketones are rare in people with type 2 diabetes. Ask your health care team whether you should be physically active when your blood glucose levels are high.